CONCERNING HEALTH and BEAUTY By MRS. HENRY SYMES



hile and the pancreatic juice. This happens in the first section of the intestinal tract, while the last class of foods, containing lime, potash, sulphur, etc., found in many vegetables, is changed in the next portion of the in-

You will see that each part of the alimentary canal has a special work to do, and must not be overworked. In other words, every day's meals should be varied in order to be beneficial.

The good results of fruit are well known. Apples, oranges and grapes are the most friendly, containing certain acids that the system needs and can get in no other way. The good ripe fruit is easily digested. Of course, you should never eat the skins; but let me suggest

that you eat plenty of fruit. You will find that the digestion is improved by As a stimulant to the muscles of the

digestive organs take a glass of hot water, to which orange juice has been added every morning after rising. The heat will assist the action that is necessary for good digestion, the orange juice will act as a mild stimulant and laxative.

If the various juices that are excreted by the digestive organs are diluted, their strength is lessened. Therefore, drink no water with your meals. Milk is a food, but water should be taken only between meals. Firmly decline the glass. As for iced water, the copious draught of which is cold enough to freeze the muscles of the stomach and stop digestion, I cannot protest too loudly at the mention of it!

You know that when any action of the muscles is required there is an extra amount of blood needed at that place. When food is being digested do not decrease the energy by drawing away the blood to other parts of the body. A brief relaxation after each meal is nec-

A successful physician prescribes gardening for all of his sufferers from indi-The free action of the trunk muscles causes a decided improvement, for there is a communication of the energy to the internal digestive organs. Fresh air, a good appetite and strength are given to the patients. Few farmers have indigestion

dear, I have something in my stomach

lunch at 11.30 P. M. generally punishes the offender. Late lunches are rarely well digested. The body demands a rest, Answers to Beauty Queries

that ought to be in the refrigerator."

She also had indigestion, for the cold

Red Nose

To Darken the Hair,

The constant application of sage tea will darken the hair. To one ounce of sage add one pint of water. After allowing it to boil, set it aside to cool,

then strain. Apply the lotion to the scalp once a day.

The pores in the nose may be reduced by bathing with cold water. Here is the recipe for a lotion which may be applied to the nose daily:

Apply with a piece of old linen or a bit of absorbent cotton.

Wrinkles on the Forehead

Dear Mrs. Symes.

Can you give me something for wrinkles on the forehead and between the eyes? I am a girl of 17.

OLIVIA.

I am a girl of 17.

The wrinkles are, I presume, caused by some habit, which you must overcome before you will be able to get rid of them. To help restore elasticity to your skin, massage the forehead with the cream for which I am giving the recipe:

Massage Cream.

 Lanolin
 2½ ounces

 Spermaceti
 6 drams

 White vaseline
 2½ ounces

 Sweet almond oil
 2 ounces

 Cocoanut oil
 2 ounces

 Tincture of benzoin
 ½ dram

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added if agreeable.

Eyebrows Are Thin

Dear Mrs. Symes.

I am puzzled about n eyebrows. They used to be thick, but tely they have fallen until I have hard; ny left. Could this be due to a feverish indition of my system? I have been using vareline.

HELEN B.

The condition of the system will have a great effect on the eyebrows, and if you have not already consulted a physician, I advise you to do so at once, for no local treatment will help until the cause of the trouble has been removed.

To Manicure the Nails

Dear Mrs. Symes.

Will you kindly tell me just how to manicure my finger naile, also a cure for hangnaile? My nails break so easily I cannot keep them long.

A. B. C.

The nails should be filed when they are dry.

The filing process being finished, an orangewood stick dipped in peroxide is run under and around the nails to bleach them. The right hand should be soaking in a basin of warm, soft, soapy water. Do not allow it to be in water too long. When the nails on the left hand have been treated with the orange

The nails should be filed when they



you know, and sleep is generally a sign for the decreasing of all bodily energy. Let me give in closing a few short rules. If good digestion is to wait on

1. Eat slowly at regular hours.

Have a varied diet. 3. Thoroughly chew your food,

4. Do not exercise body or mind im-

5. Drink no water with your meals. 6. Abstain from all rich, greasy foods, 7. Be as careful of what you eat as you are of any other action.

8. Be cheerful at your meals. It is natural for us to digest our food. Give nature a chance. Do not make it difficult for the process to be carried on. Observe these rules and note the effect. I promise that there will be decided im-

for Indigestion

Gardening Prescribed

MAY add, in the words of the immortal bard, "and health on both," I am a firm believer of the axiom of the far East that most bodily ailments are traceable to the stomach. If your food is well digested, it will be assimilated and the blood enriched, thus being enabled to repair and build up the tissues of the body. Upon this good health depends.

There are a few salient points about foods and the process of digestion that seem to be a closed book to many, but should be clearly grasped if good digestion be your aim.

Let me give the scientific facts in a nutshell. All foods are divided into four classes. There are the starches and sugars, including potatoes, cereals, all of the legumes (beans, peas, etc.) and the various fruits in which grape sugar predominates, and these are acted upon and changed in composition by the

Then there is a large class of foods called the albumens, such as eggs and

Water With Your Meals milk, acted upon or digested in the stomach when the gastric juice flows.

Oils and fats, such as fatty meats and butter, with the various oils, comprise the next group. These are changed into a liquid mass by the action of the

Mrs Chester Adams most corductly envites her friends to bring to her their Social Problems and Perplexities by letter at any time

SHOWERS

AM NOT predicting any sudden change in the weather. I am merely going to talk today of a very delightful way of entertaining a bridengattur way or entertaining a bride-to-be. It often is the wish of the inti-mate friends of a bride-elect to give a parting shower of good wishes. These have in the last ten years taken tan-gible form in the "linen shower," the "kitchen shower" or the "handkerchief shower" etc. shower," etc.

One friend generally manages the delightful surprise. It can be in the atternoon or the evening, and little notes should be sent to the guests, informing them of the articles that have been decided upon to be given. Another method is the furnishing of the articles by the

Advice on Social Customs hostess. Napkins, for instance, can be distributed and worked in the afternoon sewing circle and showered upon the fortunate young woman at the end of the day.

There are various ways of presenting the articles at the leading the presenting the present the present

There are various ways of presenting the articles. At the luncheon table great opportunity is offered for clever speeches and merriment. Little verses written on cards and tied with white ribbon to the articles are extremely

written on cards and tied with white ribbon to the articles are extremely amusing.

I know of a very enjoyable kitchen shower that was rolled into the presence of the bride-elect. They were packed in two large tubs. Every article for the furnishing of a kitchen was provided, to the surprise and delight of the recipient. Tea-cup showers are welcome, luncheon sets, stockings, collars, books—in fact, any gifts that reflect the needs and good taste of the guest are acceptable. At showers of this kind the refreshments are very unpretentious. Sandwiches or salad, coffee or iced drinks, with olives, nuts and bonbons, are sufficient, and can be arranged before the affair. The little luncheon can be placed on a side table and be indulged in after the fun in regular buffet fashion; that is, serving from the table while standing in groups talking or while seated around the room.

A shower is a decidedly enjoyable entertainment for every one.

SOLUTIONS TO SOCIAL PROBLEMS

When to Accept

DEAR Mrs. Adams.

When a girl of 19 is engaged to a young man of 22 and they do not intend to marry for at least two years, should the girl accept a diamond ring from the young man or wait until nearer the wedding day?

The diamond The diamond ring may be accepted any time after the betrothal has taken

The Acknowledgment

Dear Mrs. Adams.

1. In it considered too old-fashioned to merely acknowledge an introduction to a young man by bowing and repeating his 2. How can I best ask a young man to call? My guardian thinks it is rather immodest to invite a young man, as it forces him to come, whether or not he really wants to, and yet some young men will never ask a young woman for the privilege.

3. Should a girl of 20 wear sweeping lengths (trains) on evening dresses? Can she just as properly wear the round length?

4. What are the duties of a bridesmaid? Is it obligatory that she entertain for the bride-elect?

5. Should wells be worn in spring and summer? uld veils be worn in spring and MAY. 1. Not at all. It is quite the proper 2. I agree with your guardian. It would be proper, however, for your guardian to invite a young man to call on her dress unless she is to attend a formal reception where she is to be pre-

sented to society. The round length is quite the proper style for her.

4. The bridesmaids usually follow the wishes of the bride in the matter of dress. On the wedding day a carriage provided by the family of the bride calls for the bridesmaid and takes her to the bride's house. Her carriage follows the bride's to the church, where all assemble in the vestibule. The bridesmaid may carry a bouquet provided by the bride's family or the bridesroom. In the procession up the aisle the bridesmaids follow the ushers, walking two and two, and take their places before the altar. To the procession down the aisle they follow the best man and maid of honor, each maid leaning on the arm of an usher. In the vestibule they extend best wishes and congratulations to the bride and bridegroom and return to the bride and bridegroom and return to the bride's home to assist in entertaining the guests at the reception. It is customary for the bridesmaid to send a wedding gift to the bride. It is the duty of the bridesmaid to call upon the mother of the bride within a week or ten days after the ceremony and upon the bride in her own home after her return from her wedding trip.

5. If one so desires, one may wear a veil during the spring and summer.

How Long to Remain

Dear Mrs. Adams.
1. How late should a young man remain when calling on a young lady?
2. Is it proper for my sister to meet him at the door?
3. I am a girl of 18; do I need a chaperon

A Brief Relaxation After Esting when going out or at home with him in the evening? EDNA.

1. He should stay until 10 o'clock or 10.30 at the latest,

2. Yes.

3. There is no necessity for having a chaperon when spending the evening at home, but a chaperon should be present when you are both in public.

Black is Too Old

Dear Mrs. Adams.

1. Do you think a girl of 17 is too young to wear solid black? I am a blonde, and black is very becoming to me.

2. Should a girl dance with a boy who has not been properly introduced?

3. Is it wrong to have a boy's picture in your locket?

4. I have been writing to a boy for a year. I don't care to keep up a correspondence with him, for I don't care about boys. What should I do? My mother wishes that I should keep writing to him, for he is wealthy.

1. Black is too sember for a girl of 17. wealthy.

1. Black is too somber for a girl of 17, and there are so many bright colors which are so becoming to the blonde that she need not cling to the dark color. 3. It is not wrong, but it is bad form.
4. It is useless to keep up a correspondence which is not enjoyed by you.

Hour to Call

Dear Mrs. Adams.

Kindly advise me in some social customs, because I am a foreigner and not acquainted with the customs of this country.

1. Which is the correct hour to make a call? 1. Which is the correct hour to make a call?
2. How long should a man stay when making his first call and his second call in families?
3. How can a young man win friends here?
A FOREIGNER.
1. The average man, because of business duties, is allowed to pay calls evenings and Sunday afternoons. In large cities fashionable calls may be made at 8.30 or 9 o'clock. In vicinities where earlier hours are kept, a caller may arrive at 8 or even as early as 7.30 o'clock. On Sunday afternoons calls may be made after 3 o'clock. If it is possible, however, it is perfectly proper for a man to pay his calls on a lady's day at home.
2. The first call should occupy from twenty to thirty minutes. The length of the successive calls may be determined by the cordiality of the hostess.
3. To become acquainted you should join some men's club or society.

To Acquire Knowledge Dear Mrs. Adams.

I am constantly being thrown in company of educated people, and I have a pooreducation. I like to read, and would appreclate your kindness very much if you will tell me the best books to read and the very best way of educating myself. I have lots of time, and will be giad of a suggestion from you.

You should read a history of the country, first-class fiction, Irving, Hawthorne, Emerson, Carlyle, poetry, and, last of all, the immortal Shakespeare. Keep up on the current topics by reading the daily newspaper. When by yourself take any subject that occurs to your mind and talk about it for five minutes. Do not neglect any opportunity your mind and talk about it for five minutes. Do not neglect any opportunity to write your thoughts on paper. This gives fluency and an ability to express yourself. Form the library habit—here is a field for one wishing to gain knowledge. The librarian will be glad to suggest reading matter that you can easily obtain from the supply.

After an Entertainment

Dear Mrs. Adams.

1 I am a girl of 16. Is it proper to ask a young man in the house when he escorts me home from an entertainment?

2. Is it proper to shake hands with a young man when hidding him good-bye?

3. After a dance should the lady lead the way to a seat, and on which side of the young man should she sit?

4. When walking on the street, should the man walk on the curb side?

A. L. H. 1. Not if it is 10 o'clock or after. 3. The young man offers his arm and leads his partner to a seat, It does not matter whether she sits at his right or his left.
4. Yes,

Wants to be Popular

Dear Mrs. Adams.

1. I am a young girl 18 years old, attending high school and am considered good looking. I think a great deal of a young boy in my class, but we do not speak and he appears to be very independent, and I would like to know how I could become friends with him.

2. Tell me how to become popular with the young men, as I am rather backward.

MILDRED. I. If the young man makes no attempt to become friendly with you it would hardly be proper for you to make any effort to start a friend-

make any effort to start a friendship.

2. The girl who wishes to be popular
with young men must first be sincere
and ready to give sympathy when
needed. Then again, it is necessary
for her to have a bright and cheerful disposition. The girl who sulks
is never a favorite with men or women. An interest in the same things
that interest others will always form
a strong bond of sympathy.

stick, the hand is placed in the soapy water and the right hand is carefully dried and the nails treated in a like manner. A little cold cream should be rubbed into the cuticle and the cuticle lifted and pushed back to show the "haif moons" at the base of the nails. Dip the hands in warm suds, dry carefully and then apply the powder for which the recipe is given below, rubbing the nails in one direction with a buffer. The hangnalis may be cut with a curved scissors; but to prevent their appearance and to prevent the nails from breaking, apply olive oil to the nails every night.

Nail Powder for Polishing. received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this ofttimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-ad-dressed stamped envelope for a reply. This rule must also be compiled with in regard to personal letters. Nail Powder for Polishing. Dear Mrs. Symes.

1. What can I do for my nose, which gets very red and sunburned in the summer?

2. Will cologne make the lips red and will it do any harm?

3. Will rice powder harm the complexion? Will pink powder?

Shaggy Eyebrows

will pink powder?

1. To prevent your nose from burning, apply cream and a good talcum powder to it before going out in the sun. It is absolutely necessary, however, to thoroughly cleanse the skin from all cream and powder when you have returned from your outing.

2. Cologne will make the lips red for a time, but the constant application of it will injure the delicate tissues.

3. Neither powder will do harm if it is of the best quality and is scrubbed out of the skin after serving its purpose. Dear Mrs. Symes.

Is there no remedy for shaggy and uneven eyebrows except the electric needle?

Is the operation very painful, will it leave
any scars and could you give me some idea
of the cost?

A SUBSCRIBER. If the shaggy condition of your eye-brows is not very bad, a home treatment may improve their appearance. Apply vaseline to them every night, and every night and morning train them into shape by brushing with a tooth-brush. The electrolysis treatment is rather expensive, but if given by a competent person its results are all that one could possibly desire. Dear Mrs. Symes.

Will you kindly advise me how I can
obtain darker hair? Mine is a light red.

What can be done for large pores in the
WORRIED.

Length of Time Dear Mrs. Symes.

1. How long a time will it require if applied every night, to reduce full lifps by means of tannin and glycerine?

2. How may gum arabic be used to make dimples in the cheeks?

3. Can you give me a good lotion for an oily skin? oily skin?

4. Is there anything that can be used for dandruff that does not contain oil, as my hair is very oily already?

5. Is a good finger nail polish injurious to the nails?

FIVE GIRLS. to the nails?

I. It is not possible to tell just how long it will take to reduce the lips, but once you start to use tannin, it will have to be applied constantly, for the effect is not permanent. If the lips are not of an objectionable size, it would be better not to begin its use.

2. I am ignorant of this method. Unless nature has given a person dimples, it is very difficult to acquire them otherwise. it is very difficult to acquire them otherwise.

3. A person having an oily skin should avoid all rich and greasy foods, for diet has a great influence on the condition of the skin. Wiping off the face occasionally with diluted alcohol (25 per cent. strength) is beneficial in the case of an oily skin. A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

4. The following recipe will remove dandruff, but it will darken light hair: To an ounce of sulphur add a quart of soft water, and during intervals of several days shake the mixture repeatedly. After the sulphur has settled to the bottom of the receptacle use the clear liquid. Saturate the head with it every morning and in a few weeks the dandruff will disappear.

5. Not at all.

For Freckles

Dear Mrs. Symes.

What can I use for obstinate freckles? I have a little girl that has freckles for the last year and have tried several things without success. What can I put on her face when going to school to keep her from getting any more? I have been putting talcum powder cn, but it does not help.

Mrs. T. H. B.

Bathing your child's face in buttermilk Bathing your child's face in buttermilk or water to which lemon juice has been added will help to remove the freckles. Do not use powder on her face. The constant use of it will have a bad effect on the skin. To prevent more freckles appearing, have her wear a large hat which will protect her from the sun.

To Improve the Complexion Dear Mrs. Symes.

I have a very bad complexion. It is very dirty looking. I have a number of black-heads. I would like to have a nice, soft, white skin. I would very much appreciate a recipe. Is lemon juice good for the skin or will it draw it and cause it to wrinkle?

B. S.

To clear your complexion care must

be given to the skin. Every night be-fore retiring baths the face in hot wa-ter, scrub with a complexion brush, using a very pure white soap. Dry the skin carefully and then massage a good cream into it. A few such treatments every night will soften the blackheads so that they may be pressed out. After so that they may be pressed out. After removing them, bathe the skin with the lotion made according to this recipe: Lemen juice will whiten and soften the skin and will not cause wrinkles.

The Approximate Weight Dear Mrs. Symes.

1. How much should a girl of 15 weight who measures 5 feet 2½ inches?

2. What method of reducing flesh gives the speediest results? Do you advise dieting? the speediest results? Do you sing?

3. Why are some light-complexioned persons subject to freckles, and is buttermilk a good remedy for them?

4. At what hour should young girls retire and at what time should they rise?

THREE CURIOUS GIRLS,

THREE CURIOUS GIRLS.

1. From 115 to 125 pounds.

2. Diet and exercise are the only safe methods to use to reduce the flesh.

3. Persons with light complexions usually have thin skins, therefore the action of the sun's rays is more decided. Buttermik is a very good remedy.

4. Growing girls require nine or ten hours sleep and should retire every night at 9 or 10 o'clock and rise at 7 o'clock in the morning.

Paste for Freckles Dear Mrs. Symes.

Will you please repeat the recipe for the paste used for freckles? Will this paste burt the face when I am out in the sun or wind, and how often and how long should it be used?

What will make me tall? SHORTY. Here is the recipe for the paste:

Blackheads in Nose

Dear Mrs. Symes.

Am troubled with blackheads all over my nose. I have tried to squeeze them out, but holes remain afterward. Will you please advise me what to do in this case?

M. B. D. After you have removed the black-heads bathe the nose with warm water, then rinse in cold water; dry thoroughly and apply the lotion made by this recipe:

Brown Stain

Dear Mrs. Symes.

Will you please tell me how to darken a switch? The walnut stain and sage teagive it an auburn tint. I need the olive brown shade. Thanking you is advance, I am, (Mrs.) D. H.

I am giving herewith that which, I trust, will give the effect you desire: Brown Hair Stain.

To Fill Out the Cheeks Dear Mrs. Symes,
Kingly answer me through your column whether you know of anything called "plumpers." They are said to be attached to the teeth and are intended to fill out the cheeks that have become thin and hollow.

M. G. S.

I have never heard of such contri-vances. I do not think that the wear-ing of such things would be at all sanitary. Why don't you try to develop your cheeks with massage, rubbing well into the skin in a rotary motion olive oil or cocoa butter?